

SAFE TODAY. **HEALTHY** TOMORROW.



**OLDER AMERICANS  
MONTH 2014**



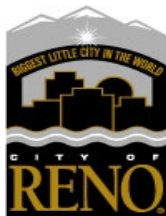
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Dear Senior,

Every year in May, the many community agencies that serve seniors come together to celebrate *Older Americans Month*. This year's creation is one of their best AND one of the best in the US. This is an opportunity for all of Washoe County to celebrate and learn about our aging community. The program is exceptional this year and has choices for every taste and interest. We guarantee great choices for you, your friends and family and in fact for everyone.

Please come celebrate Older Americans Month with us! This brochure lists the many ways to participate in *Older Americans Month* and enjoy nutritious food, music and stage performances, classes and learning, how to get involved or just to enjoy some good old fashioned fun!

We hope you enjoy it!



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Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

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This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While we provide services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives.

Throughout the month, we will be conducting activities and providing tips on how to avoid the leading causes of injury. To learn more about activities and events planned for Older Americans Month and how you can participate, or to find ongoing opportunities to celebrate and support older Americans, contact:

### **Activity/Event Locations**

**EMNCC** - Evelyn Mount Northeast Community Center, 1301 Valley Rd., 334-2262

**IVGID** - Incline Village Gen. Improvement District, 980 Incline Wy., (775) 832-1310

**NRRC** - Neil Road Recreation Center, 3925 Neil Rd., Ph: 689-8484

**TPPAC** - Teglia's Paradise Park Activity Center, 2745 Elementary Dr., 356-3176

**WCSSC Reno** - Washoe County Senior Services Center, 1155 E. 9th St., 328-2575

**WCSSC Sparks** - Washoe County Senior Services Center, 97 Richards Way, 353-3110

**WCSSC Gerlach** - 385 E. Sunset Blvd, Gerlach, (775) 557-2206

**Cold Springs Community Center**, 3355 White Lake Pkwy, Cold Springs, 971-8542

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## 2014 OLDER AMERICANS MONTH OPENING CEREMONIES \*\*

Washoe County Senior Services invites you to the Opening Ceremony celebrating Older Americans Month 2014. This year's theme is "Safe Today. Healthy Tomorrow" and Older Americans Month brochures will be on hand so you can see the complete schedule of activities and events that will help you stay connected and active within our local community! Beginning at 9:00 a.m. join emcee Amanda Sanchez, enjoy live entertainment, a special lunch including a wonderful dessert table prepared by Valley Services. Get connected to the many services available to seniors in Washoe County at the Information Fair. With over 30 participating agencies you are sure to find a volunteer opportunity, connect to Veterans services, or find an activity to help you stay safe and healthy.

**Date:** Thursday, May 1  
**Time:** 9:00AM – 1:00PM  
**Location:** WCSSC Reno, 1155 E. 9th St.  
**Fee:** FREE (Lunch for seniors over 60 - donations accepted; under 60 - \$4.00 charge)  
**Contact #:** 328-2575

### Stretch and Tone

Get in shape with low impact aerobics

**Date:** Mon., Wed. and Fri., ongoing  
**Time:** 9:00AM - 10:00AM  
**Location:** WCSSC Reno, 1155 E. 9th St., MultiPurpose Room  
**Fee:** \$10.00 per month (City of Reno Scholarships available)  
**Contact #:** 328-2575

Get in shape with low impact aerobics. Less strenuous and perfect for beginners.

**Date:** Mon., Wed. and Friday ongoing  
**Time:** 1:00 - 2:00 p.m.  
**Location:** WCSSC Sparks, 97 Richards Way  
**Fee:** Free  
**Contact #:** 353-3110

### Ballroom Dancing

Bring your partner and learn how to Ballroom dance, and get a little exercise too!

**Date:** Every Tuesday 2:00PM - 3:45PM  
Every Friday 6:00PM - 7:45PM  
**Location:** Evelyn Mount Northeast Community Center  
**Fee:** \$.50 drop-in  
**Contact #:** 334-2262



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## **Senior Lunch Program**

Hot meals and salads are offered as part of the Senior Lunch Program at WCSS Centers and Neil Road Recreation Center. Salads must be ordered a day in advance. Even if you are not a senior, you can join us for lunch for \$4.00 per person.

**Dates:** Monday - Friday

**Location:** WCSSC Reno, WCSSC Sparks, Sun Valley Neighborhood Center, NRRC, Cold Springs Community Center, Gerlach Senior Center

**Fee:** 60+ yrs. suggested donation, otherwise \$4.00/person

**Contact #:** In order above: 328-2575, 353-3110 , 673-9417, 689-8484 , 971-854, (775) 557-2206

## **Chair Yoga \*\***

This course is designed to help participants with yoga poses and postures, focusing on gentle movement from a chair or standing beside a chair. Building strength and flexibility are key components along with balance for better mobility. Poses will incorporate use of left and right brain and movement coordinated with slow breaths. Plan to dress comfortably with low heeled shoes. Need more information? Feel free to contact the instructor, Pam Pearson, at 303-2845 or psp89@hotmail.com.

**Time and Day:** 1:30PM – 2:15PM, Wednesdays

**Location:** Evelyn Mount Northeast Community Center

**Time and Day:** 9:00AM – 9:45AM, Thursdays

**Location:** Teglia's Paradise Park Activity Center

**Time and Day:** 10:30AM – 11:15AM, Thursdays

**Location:** Neil Road Recreation Center

**Fee:** \$8.00 per month, per location

**Contact #:** 334-2262

## **Zumba Gold \*\***

Do you find the usual exercise routines blah and boring? Join us every Thursday for an exciting fit and healthy exercise routine. Zumba is known for its zesty Latin music, and modifies the moves and pacing to suit the needs of the active older participants as well as those just starting their fitness journey.

Come join certified instructor Patricia Gallimore for Zumba Gold at Teglia's Paradise Park.

**Day:** Every Thursday

**Time:** 10:00AM - 11:00AM

**Location:** Teglia's Paradise Park Activity Center

**Fee:** \$10.00 Monthly

**Contact #:** 334-2262

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## **Dinner & A Show**

It is New York in the 1850s and the basic story tells of a shy and plain young girl, Catherine Sloper, who falls desperately in love with a delightful young fortune hunter. Catherine's lack of worldliness prevents her from realizing that the young man proposing to her is not entirely drawn to her by her charm.

Come enjoy dinner at TPPAC and see how things turn out for Catherine when we attend opening night of *The Heiress* at the Reno Little Theater.

**(The City of Reno will provide a shuttle at the listed locations)**

**Dates:** Friday, May 2<sup>nd</sup>

**Location:** Teglia's Paradise Park Activity Center

**Time:** 6:00PM - 9:30PM

**Fee:** \$20 per person

**Contact #:** 356-3176

**Pick-up Times and Locations:**

**Evelyn Mount Northeast Community Center: 5:15PM**

**Neil Road Recreation Center: 5:30PM**

## **March of Dimes "March for Babies"**

This promises to be a fun day out with people who share our passion for improving the health of babies. There'll be family teams, company teams and people walking with friends - it's a great feeling knowing we're all helping real families. Join our event and walk with us to raise money for babies right here in our community!

**Date:** Saturday, May 3

**Time:** Registration at 8:30AM, Walk begins at 9:00AM

**Location:** Sparks Marina, 300 Howard Drive, Sparks

**Fee:** No fee for registration, but donations happily accepted!

**Contact #:** 826-2166

## **Young Chatauqua**

Founded by Nevada Humanities in 1993, Young Chautauqua is a nationally recognized and award-winning youth program in which young scholars research and portray historical figures. Through monologues and question-and-answer sessions, young scholars – in and out of character – engage their audience in lively discussions and provide insight into historical study. This presentation will feature persons important to Nevada as we prepare to celebrate 150 years of statehood.

**Date:** Saturday, May 3

**Time:** 1:00PM

**Location:** Nevada Historical Society, 1650 North Virginia, UNR Campus

**Fee:** Free, Free parking or ride Sierra Spirit for a dime

**Contact #:** Anita Watson, 682-6466

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## Relay for Life / Bark for Life

The American Cancer Society Bark For Life is a noncompetitive walk event for dogs and their owners to raise funds and awareness for the American Cancer Society's fight against cancer. By supporting Bark For Life, you help the American Cancer Society save lives, and that helps us move closer to our ultimate goal of a world with less cancer and more birthdays. So bring your best canine friend and join us for a fun-filled day starting with a walk, and then continuing with demonstrations, contests, and games.

**Date:** Sunday, May 4  
**Time:** Registration at 9:00AM, Walk begins at 10:00AM  
**Location:** Sparks Marina, 300 Howard Drive, Sparks  
**Fee:** \$10 pre-registration, \$15 day of Walk  
**Contact:** [www.relayforlife.org/barkrenosparksnv](http://www.relayforlife.org/barkrenosparksnv)

## Reno Senior Dance Club

Join these friendly active seniors and dance, dance, dance! Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ Felipe Leon. Early dance instruction is provided at 1:15PM. 2nd & 4th Sundays.

**Dates:** Sundays, May 11 and 25  
**Location:** Neil Road Recreation Center  
**Time:** 2:00PM - 5:00PM  
**Fee:** \$5.00 per person, pay at the door  
**Contact #:** 689-8484

## Crochet Circle

Join this stress-free group to learn a variety of stitches and create afghans, lap blankets and much, much more. Projects require time spent as "home work" for completion. All skill levels welcome.

**Date** Every Monday  
**Location:** Evelyn Mount Northeast Community Center  
**Time:** 10:00AM - 12:00PM  
**Fee:** \$20 per month  
**Contact #:** 334-2262



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## **Bread Drop**

The Food Bank of Northern Nevada delivers bread, pastries and desserts every Tuesday. In order to increase the organization and food distribution equally we have implemented a process as follows:

- Numbers will be handed out.
- This number allows you a limited selection of food items of your choice.
- You will be asked to sign-in with your name.
- All participants must wait until their number is called.

### **Everyone 16 and older encouraged to participate.**

**Days:** Every Tuesday  
**Location:** Teglia's Paradise Park Activity Center  
**Time:** 11:00AM  
**Contact #:** 356-3176  
**Location:** Neil Road Recreation Center  
**Time:** 12:00PM  
**Fee:** Free  
**Contact #:** 689-8484

## **Paradise Park Dancing with the Stars \*\***

Come on over to Paradise Park and join active fun-loving seniors and dance. You don't need to be a dancer but have a desire to learn and have fun doing it, enjoying good music and making new friends. Dance instruction will be under the guidance of City of Reno volunteers Rodolfo & Carminia Banares (Rudy & Meny).

**Dates:** 1st & 3rd Tuesdays, May 6 and 20  
**Time:** 1:30PM – 2:30PM  
**Location:** Teglia's Paradise Park Activity Center  
**Fee:** \$.50 drop-in  
**Contact #:** 356-3176

## **Protect Yourself From Scams**

Scams targeting seniors are widespread and disguised to make you think they are legitimate. Join a representative from the Sparks Fire Department to learn how to recognize a scam and protect yourself from being ripped off.

**Date:** Tuesday, May 6  
**Time:** 11:30AM  
**Location:** WCSSC Sparks, 97 Richards Way, MultiPurpose Room  
**Fee:** Free  
**Contact #:** 353-3110

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## **Debbie Gant-Reed, Crisis Call Center / NV 211 \*\***

- ♦ Everyone knows someone with mental health issues or an addiction.
- ♦ Most people know someone that died by suicide or has lost a loved one to it.
- ♦ Many people have either been a victim of child abuse or know someone that has.
- ♦ The same can be said about elder abuse, domestic violence and sexual assault.
- ♦ We all witness the devastation of a disaster.
- ♦ We all know young people communicate primarily through texting.
- ♦ Everyone needs information about the services available to assist them in their times of desperation.

There is not any social problem the Crisis Call Center / NV 211 does not attempt to address. How do we address these issues? An overview of the services provided will be presented at this interactive training provided by Debbie Gant-Reed

**Date:** Tuesday, May 6  
**Time:** 10:00AM  
**Location:** Neil Road Recreation Center  
**Fee:** Free  
**Contact #:** 689-8484

## **Bucket List – Genoa Hot Springs \*\***

For May's Bucket List, we want all seniors to take a day off and relax. We will transport you to and from Genoa Hot Springs where you will spend your afternoon enjoying the warm waters. They are rich in minerals that rejuvenate the body. Come and soak up the sun and the healing minerals!

**(The City of Reno will provide a shuttle at the listed locations)**

**Date:** Tuesday, May 6<sup>th</sup>  
**Time:** Arrive @ 10:00AM, Depart @ 2:00PM  
**Fee:** \$20  
**Contact #:** 334-2262

### **Pick –up Times and Locations:**

<b>Evelyn Mount Northeast Community Center :</b>	<b>8:30AM</b>
<b>Teglia's Paradise Park Activity Center:</b>	<b>8:45AM</b>
<b>Neil Road Recreation Center:</b>	<b>9:00AM</b>

## **Grumpy Old Men**

Enjoy local musicians "The Grumpy Old Men" every Wednesday morning for rousing music and dancing.

**Date:** Every Wednesday, ongoing  
**Time:** 10:30AM - 11:30AM  
**Location:** WCSSC Reno, 1155 E. 9th St., MultiPurpose Room  
**Fee:** Free  
**Contact #:** 328-2575

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## **Help for the Aging Voice**

Is your voice changing? Does your voice sound like an "old person voice" - quiet and shaky? Are you having difficulty being heard in conversations? You are not alone. 30% of older citizens experience this problem. There is help. Come and learn about the aging voice and what treatment options are available.

**Date:** Wednesday, May 7

**Time:** 1:00PM - 2:00PM

**Location:** The Continuum, 3700 Grant Drive, Reno

**Fee:** Free

**Contact:** Bonnie Deach, M.S. CCC Speech Language Pathologist, 829-4700

## **Nevada Museum of Art \*\***

For Older American's Month, the Nevada Museum of Art will have free admission for seniors every Wednesday in May. The Nevada Museum of Art is a museum of ideas. While building upon their founding collections and values, they cultivate meaningful art and societal experiences, and foster new knowledge in the visual arts by encouraging interdisciplinary investigation. The Nevada Museum of Art serves as a cultural and educational resource for everyone.

**(Individuals are responsible for their own transportation to the event)**

**Date:** Every Wednesday in May

**Location:** 160 West Liberty Street, Reno

**Fee:** Free for Senior Citizens

**Contact #:** 329-3333

## **Coffee and Comments with City of Reno Councilmember Sharon Zadra**

Please join Ward 2 Councilmember Sharon Zadra at her next Coffee and Comments. It's a great opportunity to have a good cup of coffee and chat with your City Councilmember about important City and neighborhood activities. Zadra will focus on senior programs, projects, and issues in Reno and welcomes your opinions and questions.

**Date:** Thursday, May 8

**Time:** 11:00AM - 2:00PM

**Place:** Swill Coffee and Wine, 3366 Lakeside Drive, Reno



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## Meet the Mayors of Reno and Sparks

Mayor Bob Cashell of Reno and Mayor Geno Martini of Sparks will stop by to talk with seniors about current projects and programs they are working on in their cities. They both are "seniors" themselves and want to hear about your concerns and viewpoints on senior services in our area. These two leaders are long-time friends and are very knowledgeable about Northern Nevada and are quite entertaining when they get together. Get ready for a good time and a chance to learn more about what's really going on in Sparks and Reno.

**Date:** Friday, May 9

**Time:** 1:00PM

**Location:** WCSSC Reno, 1155 E. 9th St., MultiPurpose Room

**Fee:** Free - Light refreshments will be served.

**Contact #:** 328-2575

## Community Dance

Swing your partner round and round!!! Build Our Center's Youth Group will be hosting a Rodeo themed community dance for seniors and their loved ones at TPPAC. Everyone is welcome to attend! Spend the evening singing, eating, and dancing. Contest for best dressed!

**Date:** Friday, May 9<sup>th</sup>

**Location:** Teglia's Paradise Park Activity Center

**Time:** 6:00PM - 9:00PM

**Fee:** Free

**Contact #:** 356-3176

## Candidate Forum \*\*

Not sure who to vote for in the upcoming primary? Don't know much about the candidates? This is your opportunity to meet them and ask questions about their views and plans for the future.

**Date:** Tuesday, May 13

**Time:** 10:00AM - 11:15AM

**Location:** WCSSC Reno, 1155 E. 9th St., MultiPurpose Room

**Fee:** Free

**Contact #:** 328-2575

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## The Keys to Healthy Aging \*\*

### **Dr. Lawrence J. Weiss, Founder and CEO, Center for Healthy Aging**

Dr. Weiss will present the major issues in achieving a happy and healthy life as we age. The keys to healthy aging are within our power and control today, so we age well tomorrow. What can I do to be healthy as I grow old and achieve successful aging?

**Date:** Tuesday, May 13  
**Time:** 10:00AM  
**Location:** Neil Road Recreation Center  
**Fee:** Free  
**Contact #:** 689-8484

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## Sanford Center for Aging Medication Therapy Management \*\*

### **"Are your medications making you sicker?"**

Did you know that depression is the most prevalent mental health problem among older adults and it can be a preventable side effect of prescription drugs commonly used by older adults? Do you experience dry mouth, blurry vision, dizziness, confusion? A medication review can tell you which drugs, might cause these side effects that often lead to falls. If you are 60 years or older taking 5 prescription medications and interested in a **FREE** prescription review, please bring a list of all your medications and dietary supplements with you to the workshop.

**Date:** Tuesday, May 13  
**Time:** **Morning - time to be announced**  
**Location:** Cold Springs Community Center, 3355 White Lake Parkway  
**Fee:** Free  
**Contact:** Greta Engelbrecht at (775) 784-1612 or email [gengelbrecht@unr.edu](mailto:gengelbrecht@unr.edu)

## Medicare 101 \*\*

Join Dena Miguel from Access to Health Care for an overview of Medicare, the State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP). What do the different parts of Medicare cover? Do you need a Part D plan? Does the Affordable Care Act affect your Medicare? Are you being scammed? Find the answers to these questions and more.

**Date:** Tuesday, May 13  
**Time:** 12:00PM  
**Location:** Cold Springs Community Center  
**Fee:** Free  
**Contact #:** 971-8542

### Ageless Repertory Theater \*\*

Ageless Repertory Theatre is a readers' theater production company in which the actors interpret roles and perform reading from the script, creating roles mainly through voice. Reno's ART has a troupe of about 20 actors with highly diverse experience in community theater. The May production is "Dandelion Wine" by Ray Bradbury, adapted by Ward Haarbauer.

**Date:** Tuesday, May 13 and Friday, May 16

**Time:** 1:00PM

**Location:** Circle's Edge Church, 1117 California Ave. (California At Keystone)

**Fee:** Free

**Contact:** lromjo@charter.net

### Senior Safety Afternoon at Paradise Park \*\*

Join us for an afternoon filled with safety and crime prevention tips and emergency preparedness information. Refreshments will be served.

**Date:** Tuesday, May 13

**Time:** 1:00PM - 4:00PM

**Place:** Teglia's Paradise Park Activity Center

**Fee:** Free

**Contact #:** 356-3176

- 1:00PM City of Reno Police Department Chief Steve Pitts will speak about crime prevention tips for seniors.
- 2:00PM Social Hour with refreshments and conversation.
- 3:00PM Reno Fire Department Chief Mike Hernandez will speak about fire safety, in-home safety and emergency preparedness.
- 4:00PM Reno Senior Citizens Advisory Committee

### Grandfamilies Support Group

The Continuum is launching a support group to address the unique needs of grandparents raising their grandchildren with special needs. The mission of this group is to bring grandfamilies together to share experiences and to provide information on community resources.

**Date:** Tuesday, May 13

**Time:** 6:00PM - 7:00PM

**Location:** The Continuum, 3700 Grant Drive, Reno 89509

**Fee:** Free

**Contact:** Amanda Aitchison, 737-8756, Note: Please contact Amanda if you need child care.

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### **Osher Lifelong Learning Institute (OLLI) "TED Talk" - Architectural Inspirations, Presenter: Alice Yucht, MLS, OLLI member**

Offering "riveting talks by remarkable people, free to the world," TED talks are videotaped presentations from TED conferences around the globe, covering the full span of human interests and endeavors: art, business, literature, nature, psychology, science, technology and more. Join us to learn from some of the world's most fascinating thinkers and doers.

**Date:** Wednesday, May 14

**Time:** 2:00PM - 3:30PM

**Location:** Laxalt Theater, Nelson Building, 201 West 2nd St., Reno

**Fee:** Free

### **Incline Village Conversation Café \*\***

Meet us at Aspen Grove, 960 Lakeshore Blvd for the next Conversation Café. Lively discussion, interesting people & good food make this the most talked about senior activity in the Village! A nutritious continental breakfast is served for \$2.00 per person.

**Date:** Thursday, May 15

**Time:** 10:00AM

**Location:** Aspen Grove, 960 Lakeshore Blvd., Incline Village, NV 89451

**Fee:** \$2.00 drop in fee includes a healthy, delicious continental breakfast

**Contact #:** (775) 832-1310

### **Tips to Maintain Your Strength for a Healthy and Happy Life \*\***

Studies show that people can build muscle and improve strength at any age to improve or maintain independent lifestyle. This class will target "real life" activities that you can do as part of your daily activities.

**Date:** Thursday, May 15

**Time:** 11:00AM - 12:00PM

**Location:** The Continuum Fitness Center Gym 3700 Grant Drive, Reno,

**Fee:** Free

**Contact:** Kerri Cunningham, Certified Senior Personal Trainer , 829-4700



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## **Sparks Ice Cream Social**

Join us at the Sparks Senior Center for an old fashioned Ice Cream Social furnished by Sparks Parks and Rec.

**Date:** Thursday, May 15  
**Time:** 11:20AM  
**Location:** WCSSC Sparks, 97 Richards Way  
**Fee:** Free  
**Contact #:** 353-3110

## **"A Sampling of Our Seven Continents" \*\***

Come join Retired WCSD teacher Karin McCollum, "professional tourist", for her 1 ½ hour slide presentation "A Sampling of Our Seven Continents. Karin contracted "travivirus" at the age of 19; it has taken her to 100 countries and territories. She would love to share her passion for travel with you.

**Date:** Thursday, May 15  
**Time:** 12:00PM  
**Location:** WCSSC Sparks, 97 Richards Way  
**Fee:** Free  
**Contact#:** 353-3110

### ***AND***

**Date:** Friday, May 16  
**Time:** 9:30AM  
**Location:** WCSSC Reno, 1155 E. 9th St.  
**Fee:** Free  
**Contact #:** 328-2575

## **Talk with Councilman Oscar Delgado**

Join Councilman Delgado for an informative talk about what's happening with your City, "The Biggest Little City in the World!" This is an opportunity to participate and get your voice heard. Spanish speakers are welcome as Councilman Delgado is bilingual in English and Spanish.

**Date:** Thursday, May 15th  
**Time:** 2:00PM - 3:00PM  
**Location:** Neil Road Recreation Center  
**Fee:** Free  
**Contact#:** 689-8484



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## **Don't Be a Victim: Health Care Fraud and You**

This Caregiver Connections session is designed to provide family caregivers with the knowledge and resources to safeguard themselves and their loved ones from predatory practices. This interactive session will include experts with the Nevada Attorney General's Office and the Senior Medicare Patrol.

**Date:** Thursday, May 15

**Time:** 6:00PM

**Location:** South Valleys Library, 15650 Wedge Parkway, Reno

**Fee:** Free

**Contact:** You may preregister at [aarp.org/nv](http://aarp.org/nv)

## **Reno Mayor and Reno City Council Candidates Forum \*\***

Please join the Reno Senior Citizen Advisory Committee in welcoming the many candidates for City of Reno offices in the June 10<sup>th</sup> primary. You will get a chance to hear their positions on important issues, with a special emphasis on senior programs, projects and issues in our area. Come get information to help you make your choices when you cast your ballot for your local candidates.

**Date:** Friday, May 16

**Time:** 1:00PM - 3:00PM

**Place:** Neil Road Recreation Center

**Fee:** Free

**Contact #:** 689-8484

## **Paradise Park goes BANANAS \*\***

They are going BANANAS at Paradise Park. Come enjoy a beautiful day at the park with music and banana splits! We will have music all afternoon while you soak up the sun and enjoy a frozen treat.

**Date:** Friday, May 16<sup>th</sup>

**Location:** Teglia's Paradise Park Activity Center

**Time:** 2:00PM - 6:00PM

**Fee:** Free

**Contact #:** 356-3176

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## **Fleischmann Planetarium**

The Fleischmann Planetarium will be having a special senior rate for their two afternoon shows on May 19<sup>th</sup>. Fleischmann Planetarium is part of the University of Nevada, Reno and Extended Studies. They offer public star shows and large-format films showing daily in our dome theater, and public star observing courtesy of the Astronomical Society of Nevada. Built in 1964 and originally called the "Fleischmann Atmospherium-Planetarium," they were the first planetarium in the world to project full-dome movies (of time-lapse clouds and weather phenomena).

**(Individuals are responsible for their own transportation to the event)**

**Date:** Monday, May 19<sup>th</sup>  
**Location:** 1664 N. Virginia St., Reno, NV 89557  
**Time:** 2:00PM & 3:00PM  
**Fee:** \$4.00 per Senior Citizen  
**Contact #:** 784-4812

## **Washoe County Sheriff's Office Hasty Team**

The Citizen Corps Program is a FEMA-funded program supported by the Nevada Division of Emergency Management and the Washoe County Sheriff's Office. Our mission is to provide free training to the public on how to be better prepared to respond to emergencies and become self-sufficient for the first 72 hours following a large-scale disaster. Also joining the presenters is Deputy Shawn Marston from Kids to Seniors Korner with a new project focused on quickly finding seniors who wander away from home. He will have some free wandering prevention kits.

**Date:** Tuesday, May 20  
**Time:** 10:00AM  
**Location:** Neil Road Recreation Center  
**Fee:** Free  
**Contact #:** 689-8484

## **Incline Village - Picnic at Sand Harbor \*\***

Join us at Sand Harbor State Park for an educational tour of the Visitors Center and a delicious picnic.

**Date:** Tuesday, May 20  
**Time:** Meet at 10:30AM at the Incline Village Rec. Center, 980 Incline Way  
**Location:** Sand Harbor State Park, Lake Tahoe  
**Fee:** \$5.00  
**Contact #:** (775) 832-1310. Reservations required for transportation. If you wish to go to the park on your own, there is an admission fee of \$10.00 per vehicle to enter the park.

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## **Healthy Body, Healthy Brain \*\***

### **Dolores "Dori" Ward, Program Director, the Alzheimer's Association**

The health of the brain plays a critical role in almost everything you do: thinking, feeling, remembering, working and playing – even sleeping. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age and may reduce your risk of Alzheimer's disease or other dementia. This program will offer tips for what you can do to keep you brain healthy and active.

**Date:** Tuesday, May 20  
**Time:** 12:30PM - 1:00PM  
**Place:** Teglia's Paradise Park Activity Center  
**Fee:** Free  
**Contact #:** 356-3176

## **Nutrition Workshop / Healthy Cooking Demonstration \*\***

Join our own chef Kim Vandenhazel of Valley Services as he demonstrates how you can create easy and healthful meals, then stay to sample his creations.

**Date:** Tuesday, May 20  
**Time:** 1:00PM  
**Location:** WCSSC Reno, 1155 E. 9th St., MultiPurpose Room  
**Fee:** Free  
**Contact #:** 328-2575

## **Tips on Projects for Seniors with Dementia \*\***

### **Garden Rock Intergenerational Art Project**

This class will demonstrate how to create simple activities for people with declining memory and cognitive issues. Focus is on a multigenerational approach which can include all family members. All attending will have a completed project and a tip sheet to take home.

**Date:** Wednesday, May 21  
**Time:** 2:00PM - 4:00PM  
**Location:** The Continuum, 3700 Grant Drive, Reno  
**Fee:** Free - Please let us know you are coming so we can have enough materials.  
**Contact:** ReGenerations Adult Day Club Staff, 829-4700

### **Spotlight - Senior Line Dancing Class**

Come join our friendly group of senior line dancers. Enjoy old favorite dances and learn some new ones. Beginners welcome at 1:00PM for a Step Class to learn the basics of the dances.

**Date:** Thursday, May 22. Ongoing every Thursday  
**Time:** 1:30PM - 4:00 PM, Beginners Step Class at 1:00PM  
**Location:** WCSSC Reno, 1155 E. 9th St., MultiPurpose Room  
**Fee:** Free  
**Contact #:** 328-2575

### **Senior Community Meeting With City of Reno Councilmember Jenny Brekhus**

Please join Ward 1 Councilmember Jenny Brekhus for an informal discussion about important City and neighborhood activities. She will focus on senior programs, projects, and issues in Reno and welcomes your views and questions.

**Date:** Friday, May 23  
**Time:** 10:00AM - 11:00AM  
**Place:** Neil Road Recreation Center  
**Fee:** Free  
**Contact #:** 689-8484

### **Automobile Museum \*\***

On May 23 the National Automobile Museum will be having \$1 entries for seniors ages 60+. The National Automobile Museum (The Harrah Collection) has a "Wow!" factor you don't often find in a museum. You'll see more than 200 eye-popping cars with authentic street scenes and sounds. The facades bring displays to life; a hardware store here, a movie theatre there which accompany artifacts from each era. Audio tours let you explore the museum at your own pace.

**(Individuals are responsible for their own transportation to the event)**

**Date:** Friday, May 23<sup>rd</sup>  
**Location:** 10 South Lake Street, Reno, NV 89501  
**Fee:** \$1.00 per Senior Citizen Ages 60+  
**Contact #:** 333-9300

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## **Candidate Forum \*\***

Not sure who to vote for in the upcoming primary? Don't know much about the candidates? This is your opportunity to meet City of Sparks and Washoe County candidates and ask questions about their views and plans for the future.

**Date:** Tuesday, May 27  
**Time:** 10:00AM - 11:15AM  
**Location:** WCSSC Sparks, 97 Richards Way, MultiPurpose Room  
**Fee:** Free  
**Contact #:** 353-3110

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## **A Cozy Chat with RGJ Columnist Anne Pershing \*\***

Pull up a chair at the kitchen table and have a friendly conversation with "Grandma With Attitude" newspaper columnist Anne Pershing of the Reno Gazette Journal. Anne has been in the newspaper business in Northern Nevada as a reporter and a newspaper editor for many years. She's an award-winning journalist with a great sense of humor. She would love to meet you for a cup of coffee and swap some stories about what it's like to be a Nevada senior in these interesting times.

**Date:** Tuesday, May 27  
**Time:** 10:00AM  
**Location:** Neil Road Recreation Center  
**Fee:** Free  
**Contact #:** 689-8484

## **Trail Challenge**

Nevada is known for its rough and rugged terrain; starting this May, we will be putting people to the test. We will explore different parks and trails with different levels ranging from beginner to experience. Do you have what it takes?

**(The City of Reno will provide a shuttle at the listed locations)**

**Date:** Tuesday, May 27<sup>th</sup>  
**Time:** 10:00AM - 2:00PM  
**Location:** Flume Trail (Near Patagonia)  
**Fee:** Free  
**Contact #:** 334-2262

### **Pick –up Times and Locations:**

<b>Evelyn Mount Northeast Community Center:</b>	<b>9:15AM</b>
<b>Teglia's Paradise Park Activity Center:</b>	<b>9:30AM</b>
<b>Neil Road Recreation Center:</b>	<b>9:45AM</b>

## **Medicare 101 \*\***

Join Dena Miguel from Access to Health Care for an overview of Medicare, the State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP). What do the different parts of Medicare cover? Do you need a Part D plan? Does the Affordable Care Act affect your Medicare. Am I being scammed? Find the answers to these questions and more.

**Date:** Tuesday, May 27  
**Time:** 1:30AM  
**Location:** Sun Valley Neighborhood Center  
**Fee:** Free  
**Contact #:** 673-9417

## **Reno Aces' Game \*\***

Come out and root for the home team. Wednesday May 28<sup>th</sup> we will attend the Reno Aces' Game. \$10 gets you your ticket and a food voucher worth \$7! This deal is a home-run so do not be a poor sport and come support our local Aces for Older American's Month. City of Reno and City of Sparks Scholarships available.

**(The City of Reno will provide a shuttle at the listed locations)**

**Date:** Wednesday, May 28  
**Time:** 11:30AM - 4:30PM  
**Fee:** \$10 per person  
**Contact #:** 334-2262

### **Pick –up Times and Locations:**

<b>Evelyn Mount Northeast Community Center:</b>	<b>11:30AM</b>
<b>Teglia's Paradise Park Activity Center:</b>	<b>12:00PM</b>
<b>Neil Road Recreation Center:</b>	<b>12:30PM</b>
<b>Incline Village Rec. Center, 980 Incline Way</b>	<b>11:00AM</b>
<b>Sparks Senior Center, 97 Richards Way</b>	<b>11:00AM</b>

**(Reservations required here - 353-7898)**

## **Planning Ahead and Staying Safe and Independent in Your Home**

Most of us want to age in place in our homes. The Continuum's Mod Squad has been providing home safety assessments and modifications for over 20 years and will be sharing how to plan to enhance a safe and accessible environment. The team will provide you with information on what modifying and preparing your home will involve, what it may cost, and resources available for you. Tips for fall prevention will also be provided. Plan ahead! An ounce of prevention....is much more fun then a fall.

**Date:** Thursday, May 29<sup>th</sup>  
**Time:** 4:00PM - 5:00PM  
**Location:** The Continuum, 3700 Grant Drive, Reno  
**Fee:** Free  
**Contact:** Jerry Cruitt , 829-4700

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### **Incline Village / Crystal Bay Veterans Club \*\***

Operating under the auspices of IVGID's Senior Programs, the Incline Village/Crystal Bay Veteran's Club is open to all veterans and friends and families of veterans who are residents of Incline Village/Crystal Bay and the surrounding area. Local vets, as well as visitors are welcome, regardless of rank or branch of military service. The mission of the club is to support and promote the welfare of all veterans and those currently in service by visiting the VA Hospital in Reno, providing the most current veterans news and information, by promoting participation in veteran and patriotic events in Northern Nevada and foremost encouraging camaraderie among the vets of Incline Village/Crystal Bay. Join us to learn about and become involved in the club's current projects.

**Date:** The last Thursday of every month – May 29  
**Time:** 12:00PM - 2:00PM  
**Location:** Aspen Grove, 960 Lakeshore Blvd., Incline Village  
**Fee:** Meetings are free, \$25.00 annual membership dues  
**Contact #:** (775) 832-1310

### **Senior Community Meeting With City of Reno Councilmember Neoma Jardon**

Please join Ward 5 Councilmember Neoma Jardon for an informal discussion about important City and neighborhood activities. She will focus on senior programs, projects, and issues in Reno and welcomes your views and questions.

**Date:** Thursday, May 29  
**Time:** 6:00PM - 7:00PM  
**Place:** Del Webb's Aspen Lodge at Somerset, 9185 Summertree Court, Reno

### **"Musical Fantasy" \*\***

Sanford Center for Aging Senior Outreach Services (SOS) presents a one hour concert. Come and be delighted by talented musicians! Musical performers include Kenn Pettiford, jazz piano and vocals, Dr. Peter Reed, Sanford Center Director, guitar and vocals and Dolores Ward, Program Director for the Alzheimer's Association, performing traditional Polynesian dance.

**Date:** Friday, May 30  
**Time:** 10:00AM - 11:00AM  
**Location:** Laxalt Auditorium, Nelson Building, 401 W. 2nd St., Reno  
**Fee:** Free  
**Contact:** Please RSVP by Friday May 23 to Sina Ward ,784-7506 or email sinaw@unr.edu

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### **SPOTLIGHT - Senior Dance \*\***

All ages are welcome to enjoy our live "9th Street Band" and dance from 8:00PM till 10:30PM. The Senior Dance Club will furnish non-alcoholic beverages during the dance and our great desserts (desserts are served at 1st Band break). Cash admission is payable at the door starting at 7:15PM.

**Date:** Friday, May 30. Ongoing every Friday evening

**Time:** 8:00PM - 10:30PM

**Location:** WCSSC Reno, 1155 E. 9th St., MultiPurpose Room

**Fee:** \$5.00 per person (regular admission is \$9.00). Cash only, please.

**Contact #:** 328-2575

### **Beanbag Baseball**

Though "America's pastime" is traditionally played on a diamond with bases 90 feet apart, there are variations of the game played on dartboards and in carnival games throughout the country. One of those versions is a beanbag baseball game that utilizes a board and beanbags. The City of Reno has begun its own league so come for the kickoff game!!!

**Date:** Saturday, May 31

**Time:** 1:00PM

**Location:** Neil Road Recreation Center

**Fee:** Free

**Contact #:** 689-8484

### **Relay for Life**

The Relay For Life of Reno / Sparks is an incredible and inspiring opportunity to unite as a community to honor cancer survivors, raise awareness about what we can do to reduce our cancer risk, and raise money to help the American Cancer Society fight the disease.

**Date:** Saturday, May 31

**Time:** 1:00PM. Registration at Noon

**Location:** Reno High School, 395 Booth St.

**Fee:** \$10.00, Cancer Survivors Free

**Contact:** Aimee Giller, email [aimee.giller@cancer.org](mailto:aimee.giller@cancer.org)



## CLOSING CEREMONIES \*\*

Join us as we celebrate the last day of Older Americans Month 2014. There will be a picnic in the park at 12PM and lots of raffle prizes. Beanbag Baseball starts at 1PM. Other games and sports offered at the Summer 2014 Reno/Tahoe Senior Games will be available for you to try. Come join the fun and recognize and thank the many volunteers, sponsors and seniors who helped make these events a success. Be sure to complete at least 7 of the activities on the Passport below and bring it with you for entry in the raffle drawings.

**Date:** Saturday, May 31  
**Time:** 11:30AM - 4:00PM  
**Location:** Neil Road Recreation Center  
**Fee:** Free  
**Contact #:** 689-8484

### SENIOR PASSPORT

**Attend at least 7 of the events below, get them stamped or initialed by the staff at the activity, and bring the passport with you to the closing ceremonies (that can count as one of your activities). You must be present to win. But don't limit yourself - get out and have fun!**

<b>SPOTLIGHT Senior Dance</b> Friday, May 30 Page ____	<b>Healthy Body, Healthy Brain</b> Tuesday, May 20 Page ____	<b>Any Candidate Forum</b> Page ____	<b>Sanford Center Medication Management</b> Tuesday, May 13 Page ____	<b>Musical Fantasy</b> Friday, May 30 Page ____
<b>Opening Ceremonies Washoe County Senior Center</b> Thursday, May 1 Page ____	<b>Crisis Call Center</b> Tuesday, May 6 Page ____	<b>Paradise Dancing with the Stars</b> May 6 and 20 Page ____	<b>Ageless Repertory Theater</b> Either performance Page ____	<b>Any Incline Village Event</b> Page ____
<b>Reno Aces Game</b> Wednesday, May 28 Page ____	<b>Nevada Museum of Art (any Wed.) or Automobile Museum</b> (Friday, May 25) Page ____	<b>Bucket List - Genoa</b> Tuesday, May 6 Page ____	<b>Any WCSS, NRRC or Paradise Park Exercise Activity</b> Dates Vary Page ____	<b>Chat with Anne Pershing</b> Tuesday, May 27 Page ____
<b>Medicare 101</b> Tuesday, May 13 or May 27 Page ____	<b>Around the World in 1 1/2 hours</b> Either Day Page ____	<b>Senior Safety Afternoon at Paradise Park</b> Tuesday, May 14 Page ____	<b>Paradise Park goes Bananas</b> Friday, May 16 Page ____	<b>Tips to maintain your Strength</b> Thursday, May 15 Page ____
<b>Nutrition Workshop</b> Tuesday, May 20 Page ____	<b>The Keys to Healthy Aging</b> Tuesday, May 13 Page ____	<b>Tips on Projects for Seniors with Dementia</b> Wednesday, May 21 Page ____	<b>Closing Ceremonies at NRRC</b> Saturday, May 31 Page ____	<b>FREE</b> Your choice of Event



NAME \_\_\_\_\_

# Older Americans Month At-A-Glance Key Activity Calendar – May 2014

## Opening Ceremonies Thursday, May 1

This is a listing of special events for the month.

For full event descriptions and ongoing activities, please refer to pages 5-25.

Please participate and have fun!

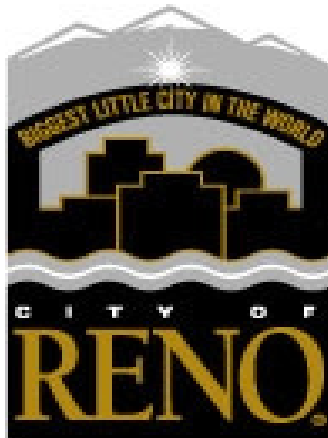
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 <b>9am</b> Relay for Life/Bark for Life for Life Sparks Marina	5	6 <b>8:30am</b> Genoa Hot Springs Meet @ TPPC <b>10am</b> Crisis Call Center NRRC <b>11:30am</b> Scams - WCSS Sparks	7 <b>1pm</b> Help for the Aging Voice - The Continuum	8 <b>11am-2pm</b> Coffee w/ Sharon Zadra - Swill Coffee	9 <b>1pm</b> Meet the Mayors of Reno and Sparks WCSS Reno	10 <b>8:30am</b> March for Babies, Sparks Marina <b>1pm-Young</b> Chatauqua, NV Historical Society, UNR
				1 <b>9am-1pm</b> OAM 2013 Opening Ceremony Celebration WCSS Reno	2 <b>6pm-9:30pm</b> Dinner & Show TPPAC	3

11	12	13 <b>10am</b> -Healthy Aging, NRRC <b>10am</b> -Candidate Forum, WCSS Reno <b>10am-12:30</b> -Med. Mgmt./Medicare 101 Cold Springs <b>1pm</b> - Ageless Rep., Circle's Edge <b>1pm-5pm</b> -Senior Safety - TPPAC <b>6pm</b> -Grandfamilies Support, Continuum	14 <b>2pm</b> OLLI "TED Talk" Laxalt Theater, Nelson Bldg.	15 <b>10am</b> -Conversation Café, Incline Village <b>11am</b> -Maintain Strength, Continuum <b>11:20am</b> -Ice Cream Social, Sample Seven Continents - WCSS Sparks <b>2pm</b> -Talk w/ Oscar Delgado -NRRC <b>6pm</b> -Health Care Fraud - South Valleys Library	16 <b>9:30am</b> Sample Seven Continents WCSS Reno <b>1pm-3pm</b> Candidates Forum NRRC <b>2pm-6pm</b> Paradise Park Goes Bananas - TPPAC	17
18	19 <b>2pm &amp; 3pm</b> Fleischmann Planetarium UNR	20 <b>10am</b> -Hasty Team NRRC <b>10:30am</b> -Picnic @ Sand Harbor - Incline Village <b>12:30pm</b> -Healthy Body/Brain, TPPAC <b>1pm</b> -Nutrition Workshop, WCSS Reno	21 <b>2pm</b> Projects for Seniors With Dementia The Continuum	22	23 <b>10am</b> Community Meeting w/ Jenny Brekhus NRRC <b>All day</b> Auto Museum	24
25	26	27 <b>10am</b> -Candidate Forum, WCSS Sparks <b>10am</b> -Chat w/ Anne Pershing, NRRC <b>10am</b> -Trail Challenge, Flume Trail <b>11:30am</b> -Medicare 101 - Sun Valley	28 <b>11:30am</b> <b>Reno Aces Game</b> <b>P. 22 for details</b>	29 <b>4pm</b> Staying Independent in Your Home The Continuum <b>6pm</b> Meet w/ Neoma Jardon, Aspen Lodge @ Somerset	30 <b>10am</b> Musical Fantasy Laxalt Theater, Nelson Bldg.	31 <b>11:30am-4pm</b> <b>Closing Ceremonies</b> <b>NRRC</b> <b>1pm</b> <b>Relay for Life</b>

Please show your support for these Older Americans Month Sponsors.

## THANKS TO OUR SPONSORS

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**Special thanks to these organizations  
for their generous support.**





**Senior Games is an event dedicated to promoting and implementing fitness programs and activities. The games offer several opportunities for people 50 years and better to compete in your favorite sport(s). Participants compete within age groups to win gold, silver and bronze medals!**

### **Lineup of sports**

- |             |               |               |                    |
|-------------|---------------|---------------|--------------------|
| *Archery    | *Badminton    | *Baggo        | *Basketball Skills |
| *Billiards  | *Blackjack    | *Checkers     | *Beanbag Baseball  |
| *Croquet    | *Darts        | *Fishing      | *Go Karts          |
| *Horseshoes | *Mini-Golf    | *Pickleball   | *Speed Golf        |
| *Swimming   | *Table Tennis | *Track &Field | *Walk Race         |

### **How to register**

**Download and print your packet at [www.reno.gov/seniorgames](http://www.reno.gov/seniorgames), stop by any City of Reno recreation center or call (775) 334-2262 to have a packet mailed to you. Note: registration ends July 25, 2014.**

Senior Care  
Plus  
A SilverCare Advantage Plan  
Offered by Humana Health Plans

*Senior Citizen  
Advisory Committee*

